

Avocado and banana milkshake (2 servings)

Ingredients:

Avocado	1piece
Banana	1piece
Low fat milk / Skim milk	1 cup
Honey	1tsp

Methods:

- 1) Remove the skin of avocado and banana, cut into small pieces and put them into the blender.
- 2) Blend avocado, banana, skim milk and honey in a blender until smooth, ready to serve.

Dietitian's Tips:

- The energy content of this milkshake is relatively high and is suitable for those who need to gain weight.
- The fat content of this milkshake is mainly come from avocado. Avocado is rich in mono-unsaturated fat which helps to lower “low density lipoprotein” (so-called “bad cholesterol” (LDL)) in our body.

Other Tips:

Maintaining healthy weight relies on balanced diet and appropriate amount of exercise. Even the healthy foods, should not be eaten too much.

Nutrient analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
347.6	8.4	22.5	33.7	10.9	170

*the above data is general information for reference.